

Lunch Menu Week 3

13-19 November 2022

	13	14	15	16	17	18	19
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Chicken with red sauce	Osaka fried rice	BBQ. pork noodles soup	Classic beef shepherd's	Chicken noodles curry soup	Makarita & Ham & cheese tortilla pizza	Fried chicken with sticky rice
Asian food	Stir fried beef with oyster sauce	Nothern style chicken curry	Chicken green curry	Braised pork ribs with Chinese herbs soup	Stir fried pork with curry paste	Chicken coconut soup	Stir fried fishball with curry paste
	Tom yam soup with shrimp	Fish tofu & glass noodles clear soup	Eggs in tamarind sauce	Chicken massaman curry	Sweet & sour sauce fried with fish ball	Stir fried pork with chili paste	Egg tofu & ivy gourd clear soup
Vegan Food	Tofu & vegetables green curry	Stir fried protein with curry paste	Chana masala	Tofu & fruit curry with coconut milk	Vegetable yellow curry	Pav bhaji	Tofu panang curry
Gluten Free Food (Asian)	Stir fried morning glory	Stir fried Chinese cabbage with egg	Stir fried kale	Stir fried mixed vegetable	Stir fried morning glory	Stir fried cabbage with egg	Stir fried mushrooms
Gluten Free Food (Western)	Chicken stew	Beef with gravy sauce	Spinach cream sauce	Chicken with gravy sauce	Beef stew	Chicken with lemon butter sauce	Macaroni & cheese
Pasta	Pasta & pesto sauce	Pasta & tomato sauce	Pasta & beef bolognese sauce	Pasta & cabonara sauce	Pasta & tomato sauce	Pasta & pesto sauce	Pasta & beef bolognese sauce
Salad	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads
Dessert	Fresh cut fruit	Bakery Fresh cut fruit	Fruit juice Milk drink Fresh cut fruit	Yoghurt Fresh cut fruit	Thai dessert Fresh cut fruit	Assorted ice cream Fresh cut fruit	Fresh cut fruit
Everyday Items	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Zucchini with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Eggplant with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

Menu changed may be appropriate